



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LET'S GET
STRONGER
TOGETHER

2018

Personal / Group Training
YMCA OF CENTRAL OHIO



Front Street **FITNESS**

CITY EMPLOYEE FITNESS CENTER

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

2018 Personal / Group Training Rates YMCA OF CENTRAL OHIO

	60 MINUTES	30 MINUTES
PERSONAL (1:1)	\$45.99 (per session) \$229.95 (for 6 sessions)	\$25.99 (per session) \$129.95 (for 6 sessions)
SEMI-PRIVATE (1:2-3)	\$34.99 (per session) \$174.95 (for 6 sessions)	\$19.99 (per session) \$119.95 (for 6 sessions)
SMALL GROUP (1:4-6)	\$23.99 (per session) \$119.95 (for 6 sessions)	\$13.95 (per session) \$69.95 (for 6 sessions)

We all need the advice of an expert sometimes, as well as the personal attention that comes with a trainer or coach. The Y offers personal, semi-private, and small group training to help you set and meet your specific goals in order to live healthier.

